The Lions' Pride

SAINT LEO UNIVERSITY • FRIDAY, JANUARY 31, 2014 • VOLUME LII NO. 16 • SINCE 1965

University Welcomes New VP

By Amber Comfort
Contributing Writer

On Nov. 11, it was announced by Dr. Kirk that Mr. Denny Moller had joined the leadership team as Vice President of University Advancement. He first became interested in the position after seeing it advertised and wanted to see if it would match his skills. He came down for a day and a half and met with Dr. Kirk as well as thirty-five other people. At the end of the visit he was excited to become a part of the University's community.

In his new position, Mr. Moller will oversee development, alumni and parent relations, advancement services and University communications. Previously Mr. Moller held the position of Associate Vice President for Advancement at DePaul University in Chicago for six years. There he was responsible for the fundraising team which included five colleges and an athletics program. The first twenty years of his career was spent in business; with sixteen years at AT&T. There he reached the position of executive in the Business Sales Division. He was also Vice President of two telecommunications companies and the President of an inner city high school.

Mr. Moller received his M.B.A. from Xavier University in Cincinnati and also holds a Bachelor of Science degree in business administration. He is married and has five grown children and three grandchildren. He already feels at home here at the University.

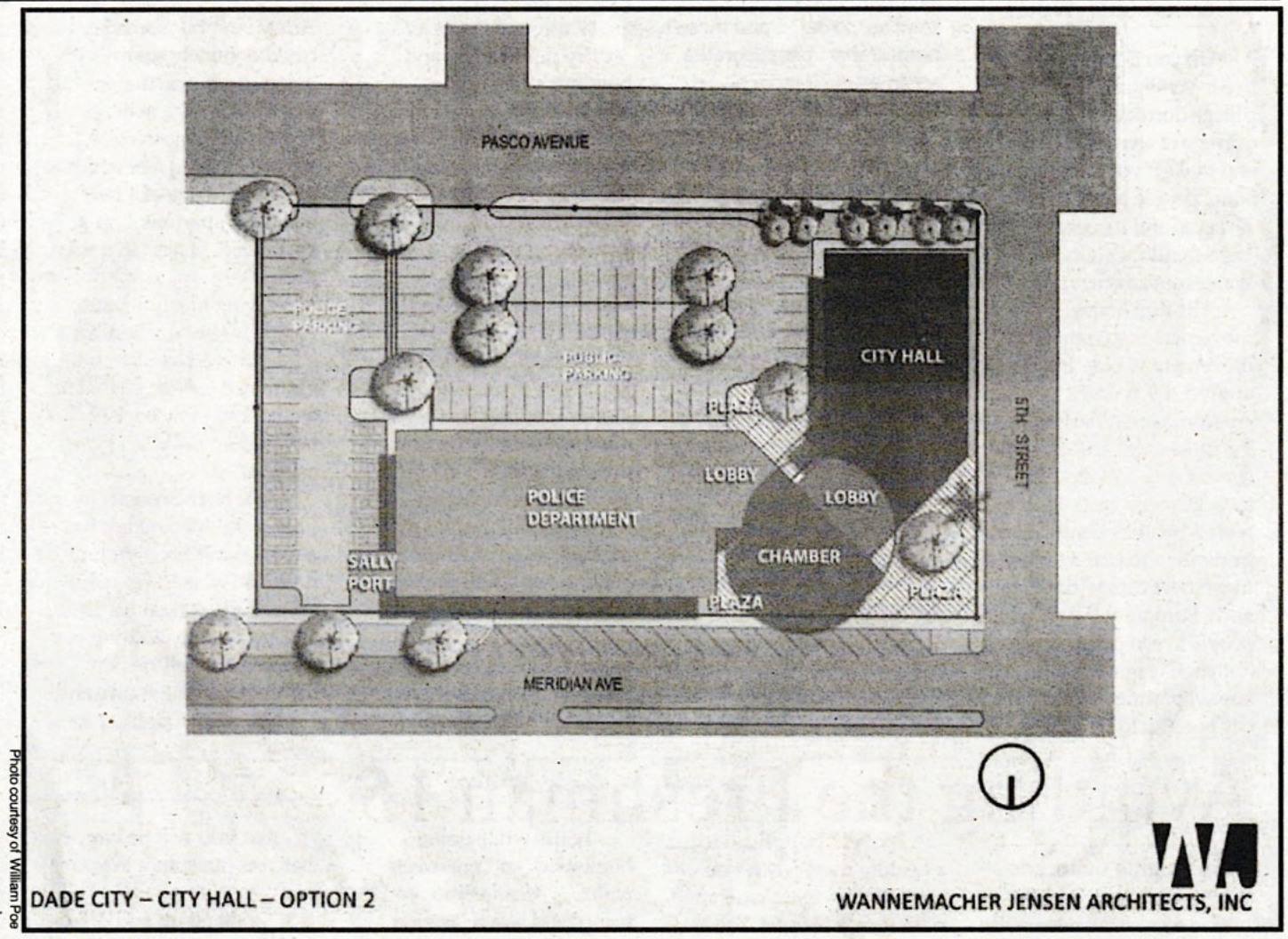

Photo courtesy of William Poe

The blueprints for the relocation of Dade City Hall.

Dade City Hall Moving

By Stephanie Holz
Staff Writer

Dade City Hall is packing its bags as officials met to discuss plans on relocating the structure. Currently located in the train depot at the end of Meridian Avenue, the new location has been selected down the road on the corner of 5th Street and Meridian Avenue, which is the current site of the City Hall Annex building.

The hall is believed to cost approximately 5.7 million dollars. The new building will include 21,000 square feet of space needed to house employees such as the police, city manager, city utility workers, and financial clerks. This is a bonus for many of these workers, especially the police who will see an upgrade in office space compared to their current location on Pasco Avenue.

"It's a more efficient use of space with a better layout," said William Poe, Dade City Manager.

"It is a well welcomed change that will better help the town to have the resources it needs to support itself," said Sophomore Elizabeth Panek.

The police station will stay at its current location until the new building is ready to use. However, city workers will have to find another place to go to during construction.

Funding for the project will come from the city's reserved money and allocations from Penny for Pasco.

Construction time is expected to last approximately one year.

"I'm excited that we are making progress. It will put a good light on the city for developers who come to do business," said Poe.

Name Change for Ecollege

By Kenna Dieffenwierth
Copy Editor

Students logging into their student portal accounts might have been confused following Dec. 22. This confusion was caused by a name change to the University's Learning Management System (LMS) formerly known as eCollege. It is now called LearningStudio. The program is the same. The only thing that has changed is the name.

"Pearson, the company that owns LearningStudio, changed the name about a year ago and we are matching our documentation to theirs. There aren't any changes in functionality or features associated with the name change," said Assistant Vice President of Instructional Technology Dr. Susan Colaric.

CHECK US OUT ONLINE!

SLEEP BENEFITS

Photo courtesy of Clipart

MLK DAY

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SNAPCHAT HACKS

Photo courtesy of Clipart

Editorial

Living Smaller: Everyday

By Tom Buckley
Contributing Writer

Do you think you could live in something the size of a college dorm room on average of around 250 sqft. and make it your home? Some people are currently doing so and it's becoming a large trend called the tiny house movement.

The tiny house movement is a communal movement happening all around the country. Americans that have joined the movement are downsizing and simplifying their lifestyles by only living with what they need. Much inspiration for the tiny house movement came from New York, Europe, and Asia where people live in much smaller homes. Of course, a tiny home/apartment/condo in the city is going to be quite expensive like a large suburban house because the cities are so dense and those homes/apartments/condos are in prime locations.

The average size of an American Suburban home, often referred to McMansions by tiny house followers, according to the census was averaged at 2,392 sqft. in 2010.

Many people who own tiny homes have built them on trailers so that they can park them on a piece of land that they own and haul them from place to place, much like a camper. A large problem with building tiny houses is restrictions like minimum square footage requirements because local governments like higher tax assessments, which are different in different places. Many owners have avoided these restrictions by building their tiny homes on trailers, which they are allowed to register as an RV through the DMV.

By downsizing and building a tiny home, whether on a foundation or on a trailer, it allows owners to decrease the amount of debt that they owe a mortgage. In fact, most tiny homes cost under $40,000 to build depending on what features and materials that the builder uses on his house.

A small amount of space also keeps owners from impulse buying because they don't have enough space for things that they don't need, whereas in a McMansion it would eventually end up in the back of a dark closet. Having less debut means more cash in the owners pocket, which could be put towards a nicer car, or allow them to travel more.

I don't think that living in something around 250 sq feet would be for me and most Americans, but someday I could definitely see myself living in a house that is smaller than the average McMansion, most likely around 1,000 sq feet which is the average size of a two bedroom apartment on a small piece of land in a rural area.

Living in a tiny house could also be beneficial for a student that has just graduated college, so that he or she could pay back his or her student loans, and get established.

One High Schooler in California, Austin Hay, has already built his own tiny house on wheels. He spent around $12,000 on his 130 sqft. tiny home, which has a sleeping loft, full kitchen, bathroom, living room, and enough room for all of his things. By building his house, he can avoid the costs of room and board when he goes off to college.

As the trend has gotten more popular, "Tiny House Builders" have begun going into business, building tiny houses for people who want to live in a smaller house. Most of the houses are prefabricated homes and are made in a factory and delivered to the site of the home or put on a trailer. By building these homes in a factory it allows the builder to cut costs of building on site.

For further information on the Tiny House movement, check out this video link on PBS:

http://to.pbs.org/1f6px2m

Avoiding the Freshman 15

By Kelanie Cuadrado
Contributing Writer

Ever had someone tell you don't gain the freshman 15? Many freshmen have been told this before they move into college dorms. Is it true that freshmen will gain the whole 15 pounds during the freshman year?

Studies show that most freshmen do not gain the full 15 pounds. Instead they gain around 3 to 10 pounds. In college you have the choice to do what you want. No one is going to tell you what to do or eat. This can be a wonderful thing, it can also be a negative thing. College comes with temptations and, food is definitely one of them. You are free to eat whatever you want. Most of the time you don't have time to cook something healthy. Instead you go down to the Lions Lair and grab a quick bite. In the Dining Hall you can keep filling your plate with food until you are full.

It might be difficult to eat a healthy meal when you have the ice cream machine right in front of you. You eat fries and pizza instead of having a salad. Or those late at night study sessions when you have friends over to hangout and eat snacks all night.

Stress is another factor of gaining weight. College comes with big transitions and lots of homework. Students become stressed out and use food as a relaxing technique. You may be doing homework and eating a bag of chips or sitting in your dorm room bored and you go for the cake you saved. You are so busy with your new life that you forget to exercise.

There are many ways you can avoid gaining the freshman 15. Try to avoid eating when you are stressed, studying, or watching TV. Many times when a person is eating while watching TV or studying, they do not realize how much they are eating. This can lead you to eat for hours while doing homework and not even realize it because you are using food as a relaxation technique. When you are studying or watching TV try to do other things instead of grabbing a snack. For example while studying instead of eating a whole bag of chips listen to music instead. If you like to eat while relaxing try to keep healthy snacks in your dorm.

One of the biggest ways to avoid the freshman 15 is by staying active. Get involved in sports or clubs. Go take a walk on campus with some friends and explore.

"When someone asks you to play Ultimate Frisbee or volleyball, do it! Stay active! ," said Freshman Thomas Stanhouse.

Instead of taking the elevator every day, once in a while try to take the stairs. You may not want to take the stairs because you have books in your hand or you are just worn out. Motivate yourself by saying to yourself that you will be happy that you can still fit in your jeans.

"Walking up and down the hill from Snyder and Marmion and going to body boot camp at the gym will help keep off the weight, " said Freshman Bianca Smith.

Sleep is a good way of keeping the freshman 15 away. I do not mean sleep all day and do nothing. Getting at least seven hours of sleep every day will allow you to have energy to do activities throughout the day.

Don't carry around small change every day, and bring your own healthy snacks so you won't be tempted to get junk food from the vending machines. Try to avoid soda and juice as much as you can, they tend to be high in calories. Carrying around a water bottle can help you avoid gaining weight because sometimes drinking water can take away the thought of being hungry and help you avoid buying a soda from the vending machine.

Don't panic if you put on a one or two pounds. It's normal to have some weight gain. Just make sure that you use it as a warning sign. If you are gaining pounds, don't ignore it. Analyze your eating habits. Make some healthy choices and don't forget to add time for exercise in your plan.

Photo courtesy of Wikipedia

Do you believe in the freshman 15?

THE LIONS' PRIDE

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Campus News

How to Maintain a Healthy Lifestyle in College

By Shawnee Arnett
Staff Writer

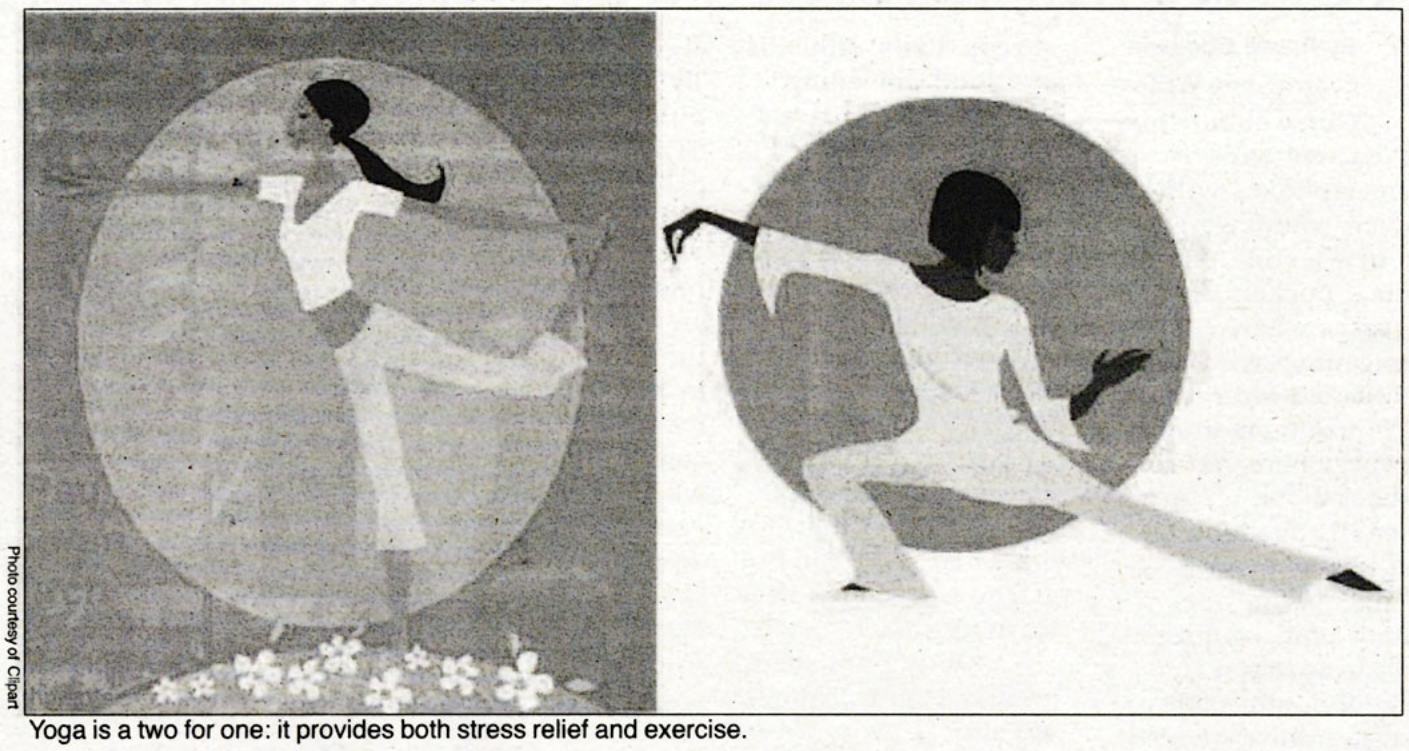


Photo courtesy of Clipart

Yoga is a two for one: it provides both stress relief and exercise.

College can be a time in which a person learns more about the world, understands his or herself better, and develops important life skills while stil being cocooned by a supportive campus. College can also be one of the most stressful periods of a person's life, making a student worried about having finals, countless papers, tuition, and balancing school work and a job along other activities. College can also be a time in which a student is likely to have the unhealthiest diet of his or her life, as budgets are generally tight while ramen and cafeteria buffets are often the most readily available options. Thus, many college students do not even have time to think much about maintaining a healthy lifestyle, let alone pursue one. The problem with this is that a healthy lifestyle is necessary in order to have a higher quality of life. Without a healthy lifestyle, it is often more difficult for a person to maintain overall wellness, which could lead to stress, illness, malnutrition, dehydration, sleep deprivation, and the inability to process information and complete tasks efficiently, to name a few. It is a common misconception that to maintain a healthy lifestyle is to forego many of life's little pleasures for strict diet and exercise regimen. But a healthy lifestyle should never add to a person's stressors, but rather ease the effects left by some of them. Here are a few not so scary tips for starting and maintaining a healthy lifestyle amidst the chaos that is college life.

1) Eat a balanced diet.

This one may seem like an obvious choice as it is most often drilled into our heads at a young age by doctors and teachers alike, but many students forego the healthy diet when attention is diverted elsewhere, such as an upcoming midterm or a schedule packed with classes and other activities. According to The Center for Disease control, however, "A poor diet can increase the risk for lung, esophageal, stomach, colorectal, and prostate cancers" whereas a healthy diet can "help prevent high cholesterol and high blood pressure and helps reduce the risk of developing chronic diseases such as cardiovascular disease, cancer, and diabetes" while also reducing a person's risk of obesity, osteoporosis, dental cavities and iron deficiency. A balanced diet is crucial in maintaining overall wellness. This can be handled by making small, manageable changes to one's daily eating habits. For instance, eating breakfast every morning is a must. Breakfast not only kick-starts a person's metabolism, but also helps to prevent excess hunger throughout the day, which could lead to weight loss and less time worried about snacking. Furthermore, adding balance and variety to one's diet can be both easy and inexpensive if done properly. For instance, trading a cafeteria dessert for a piece of fruit during one meal a day or adding vegetables to a meal can make a huge difference. In season fruits and vegetables can be found fresh in stores at a low cost, and frozen fruits and vegetables have the same nutritional value as their fresher counterparts, often for a fraction of the price. Eating a protein and carbohydrate with each meal can also boost and maintain energy, which is crucial when so much school work is packed into a tight schedule. The trick is to add healthy food items in a manageable way without going so far as "dieting". Because weight-loss diets include self-denial of certain foods, they are less effective overall and make a person more prone to yo-yo dieting.

2) Stay well hydrated.

Most people do not have adequate hydration. According to The American Heart Association, being thirsty is an indication that a person is already dehydrated. Hydration helps regulate the removal of waste, blood pressure, body temperature, and heart rate. So it is critical to remain hydrated throughout the day, particularly with water. Everyone needs an average of six to eight cups of water per day. Drinking a cup of water in the morning and taking a water bottle everywherecan be helpful in achieving this goal. Also, avoiding outright self-denial of other beverages such as fruit juices and sodas will make the task less daunting, though a few weeks of remaining well-hydrated with water will quench the desire to consume these less healthy options in the first place.

3) Exercise at least 30 minutes per day, five days per week.

This does not necessarily mean taking up weight lifting or sports if one is not athletically inclined. A simple act such as brisk walking can count towards this goal. In fact, if there is concern over schedule time, then multitasking can alleviate some of this problem. For instance, walking on a treadmill while studying a textbook. Exercising is more about raising heart rate during the activity than anything else, and doing so promotes cardiovascular health and drops one's risk for heart disease. Thus, it is not absolutely necessary to stress over strict exercise regimens or worry about scheduling elaborate workouts in the middle of a busy work week. For those who wish to develop a workout schedule, however, joining a gym and speaking with a professional about different workout options might be the best option.

4) Get enough sleep.

Sleep is unfortunately one of the first things to go when a person is buried in work, though treating sleep like an option rather than a necessity can be counterproductive. According to the National Institute of Health, the average adult needs between 7 and 9 hours of sleep per night. Any less, and a person will have less concentration, a decreased ability to properly perform tasks, and impaired judgment as an immediate result. Long term effects include heart disease, high blood pressure, heart attack, stroke and irregular heartbeat, according to WebMD. Though foregoing a night of sleep to complete a paper or study for a test may seem to be a logical decision at the time, it will actually lead to decreased performance on the assignment and make it more difficult to complete the next day's assignments. Instead, plan out the days ahead carefully to include enough time to complete assignments and get enough sleep. If this is impossible, consider cutting an unnecessary activity for the time being in order to free up some time.

5) Develop stress management skills.

Everyone must face stressors on a regular basis, but the difference between being chronically stressed and relaxed may lie in how a person deals with stress. Taking time to do yoga, deep breathing, or even taking a shower can help alleviate immediate stress and refocus and find a solution for his or her current stressor. If chronic stress is a serious problem, consider seeing one of The University's counselors at the Student Counseling Center for help in developing stress relief techniques. Counseling services are free of charge for full time students of The University.

6) Maintain regular visits to the doctor and dentist.

It is much easier to prevent serious medical issues and catch them early than it is to treat problems that have gone long neglected. Thus, it is important to have a physical exam annually and a dental exam once every six months. Along with staying proactive in preventing illness, see a doctor and dentist regularly. Those who keep up with appointments are more likely to maintain better health overall, and are less likely to fall behind in work due to absence from illness.

7) Cut out bad habits.

We all have our vices, though some can be more detrimental than others. According to The American Heart Association, those who smoke are more than 6 times more likely than non-smokers to have a heart attack, and are also prone to a variety of illnesses including heart disease, lung cancer and emphysema. Excessive alcohol consumption can cause serious damage to the liver and pancreas, while the excessive consumption of unhealthy foods can lead to obesity and heart problems. Though quitting a bad habit can be extremely difficult at first, it is best to quit early than to deal with the long term consequences later. Consulting a doctor or counselor is best when quitting more difficult or addictive habits, and maintaining a support system of friends and/or family is also helpful.

Maintaining a healthy lifestyle does not have to be as difficult as it seems. Some of the changes necessary, such as consuming more water or having better stress management, may be easier, whereas the more daunting challenges, such as quitting an addiction, can be made a bit less daunting with good support. A healthy lifestyle will not only leave a person with better overall health, but can also make a person's life much easier today.

Science

Terrifying Secret your Smartphone is Hiding

By Renee Goodwin
Contributing Writer

Think about this: We carry our smartphones with us everywhere we go and we store them in back pockets and purses where they are in contact with dollar bills and old receipts. We use them almost everywhere and set them down on any readily available surface- class desks, kitchen counters, bathroom counters, park benches, the ground, and tables at restaurants. We also pull them out multiple times a day, whether it is to check Facebook or email, make an important phone call, take pictures, or listen to Pandora. To say smartphones are the young generation's constant companions would be an understatement; they are an extension of our limbs.

It should come as no surprise that our smartphones are breeding grounds for harmful bacteria. With them coming into constant contact with the outside world and being stored in dark, warm places, bacteria such as Staphylococcus aureus, boils, sinusitis and food poisoning have been found growing on the surfaces of many smartphones. "[I'm] very surprised to learn of this information, and I will definitely be more cautious and more aware of who I let borrow my phone and where I set it down" said Daniel Francois, a sophomore at The University after learning this.

A study published in 2009 in the "Annals of Clinical Microbiology and Antimicrobials" details the bacteria level of the cell phones of 200 hospital staff members. Research showed that 94.5 percent of the phones were contaminated with some type of bacteria, many of which were resistant to multiple antibiotics. A more recent study done in the U.K tested 30 mobile phones for levels of potentially harmful bacteria, or the total viable bacterial count (TVC). The study showed that twenty-five percent of the phones exceeded the acceptable TVC by ten times and had eighteen times the TVC as a handle on a public restroom toilet. "There is too big a habit among cellphone carrying people to just set our phones down anywhere, no wonder they are all covered in harmful bacteria. I would be conscious of where you set your phone down, try to keep it in one place. And to wash your hands frequently" said Shannon Werner, a senior at The University.

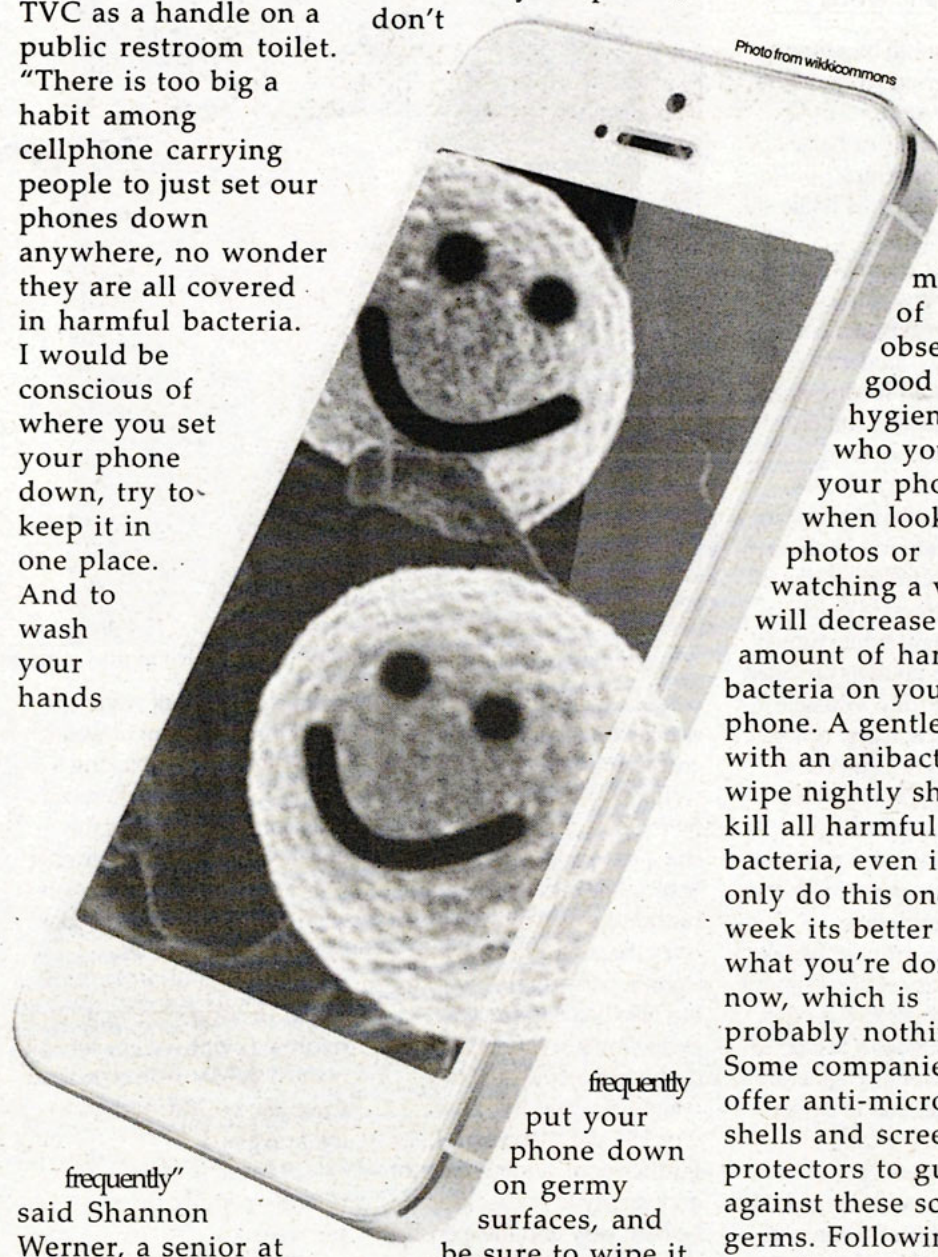


Photo from wikkicommons

In light of this new information, remember to always be mindful of the bacteria growing on your smartphone. "If you have good hygiene to start with, not allow other people to handle your phone, don't frequently put your phone down on germy surfaces, and be sure to wipe it with a disinfectant that is electronic safe, you shouldn't have the problem of harmful bacteria growing on your phone in the first place" advises Freshman Lauren Muglio. Becoming more mindful of observing good hygiene and who you pass your phone to when looking at photos or watching a video will decrease the amount of harmful bacteria on your phone. A gentle swipe with an anibacterial wipe nightly should kill all harmful bacteria, even if you only do this once a week its better than what you're doing now, which is probably nothing. Some companies even offer anti-microbial shells and screen protectors to guard against these scary germs. Following just one of these tips will greatly decrease the amount of harmful bacteria growing on your smartphone and lead to a healthier life.

Beating Heart Revolutioning

By Bryan Quiles
Contributing Writer

Since 1967, heart transplantation has become an important part of the medical world by giving millions who have heart defects an opportunity to continue their lives. Heart transplantation is very serious and has its complications. New technology is currently being tested to minimize these complications, allowing doctors and patients to foresee a better future for heart transplantation.

According to Up to Date, it has found that that 85 to 90 percent of people who receive heart transplantation will survive within the first year after they receive it. Three years or later, 75 percent of patients who receive heart transplantation will survive. 18 percent of the people that will not survive (one of the larger categories for deaths) will die from acute rejection of the new heart within their bodies (where the immune system attacks the heart at once and the person).

After the first year, there is a 10 percent chance that acute rejection will occur.. This means that 28 percent of the total deaths from a heart transplant are due to acute rejection.

Maybe there is a way to reduce these risks, which is the contention of the company named Trans Medics®. This company has created a machine named the OCS ™ (Organ Care System), which is now used throughout Europe and the United States to revolutionize the way that hearts are transplanted. According to Trans Medics®, the OCS™ is designed to (1) increase the length of time allotted for the heart to be transported to the person receiving a heart transplant, (2) assesses the function of the organ outside of the body and (3) enable the resurrection of the organ and improve its function.

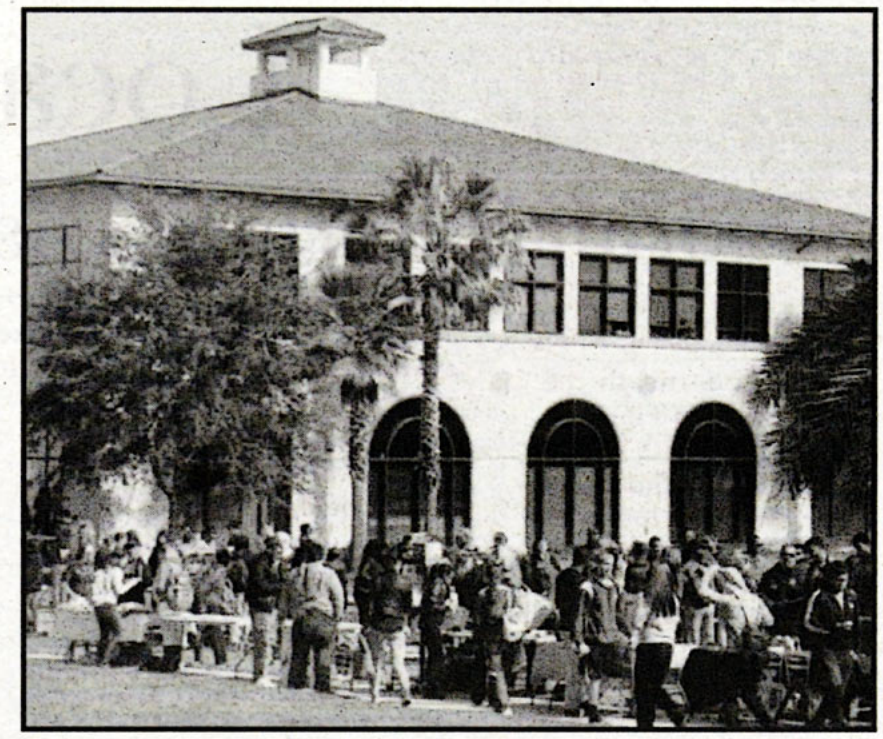
The results of these claims are backed up by research. In increasing the length of time for the heart to be transported, the OCS™ enables the use of organs that are currently not used because of limitations for preserving the heart. The way that such use is enabled is by the OCS™ creating a way to resurrect the organ through pumping blood of the donor through the organ, allowing it to build its energy stores and optimize its functionality. Through this, a viability test can be performed on the organ to make it last longer.

According to the tests run for the machine, it found that the organ ran by the OCS™ machine had a much higher chance of survival, indicating that the time to transport the organ can be increased.

Also, the machine contains a Trans Medics'® proprietary solution, which is infused to replenish nutrients and other necessary substances that have been depleted from the blood of the donor.

This heart technology improves patient outcomes by reducing the chances of death and hazard and increasing the use of available organs for transplant.

Student Involement Fair



Photos taken by Tom Buckley

(Top Right): The Involement Fair gathered the most traffic during class changes with a line that stretched from the Clock Tower to Tapia Business Building.

(Center Right): Kara Marino and Mac Culkeen pass out free donuts from Olga's Bakery in Dade City.

(Bottom): The women of Alpha Sigma Tau, Christy Priego, Dana DeLosa, and Haley Wing.

Local News

Florida's Springs Disappearing Act

By Janet Small
Contributing Writer

Underneath the ground in Florida, there is an underground aquifer rushing through caverns and caves, coming to the surface in huge beautiful springs that have become part of the landscape and attractions here. According to the Tampa Bay Times, there is estimated to be 1,000 springs in this state making it the greatest concentration on Earth, but these springs are disappearing.

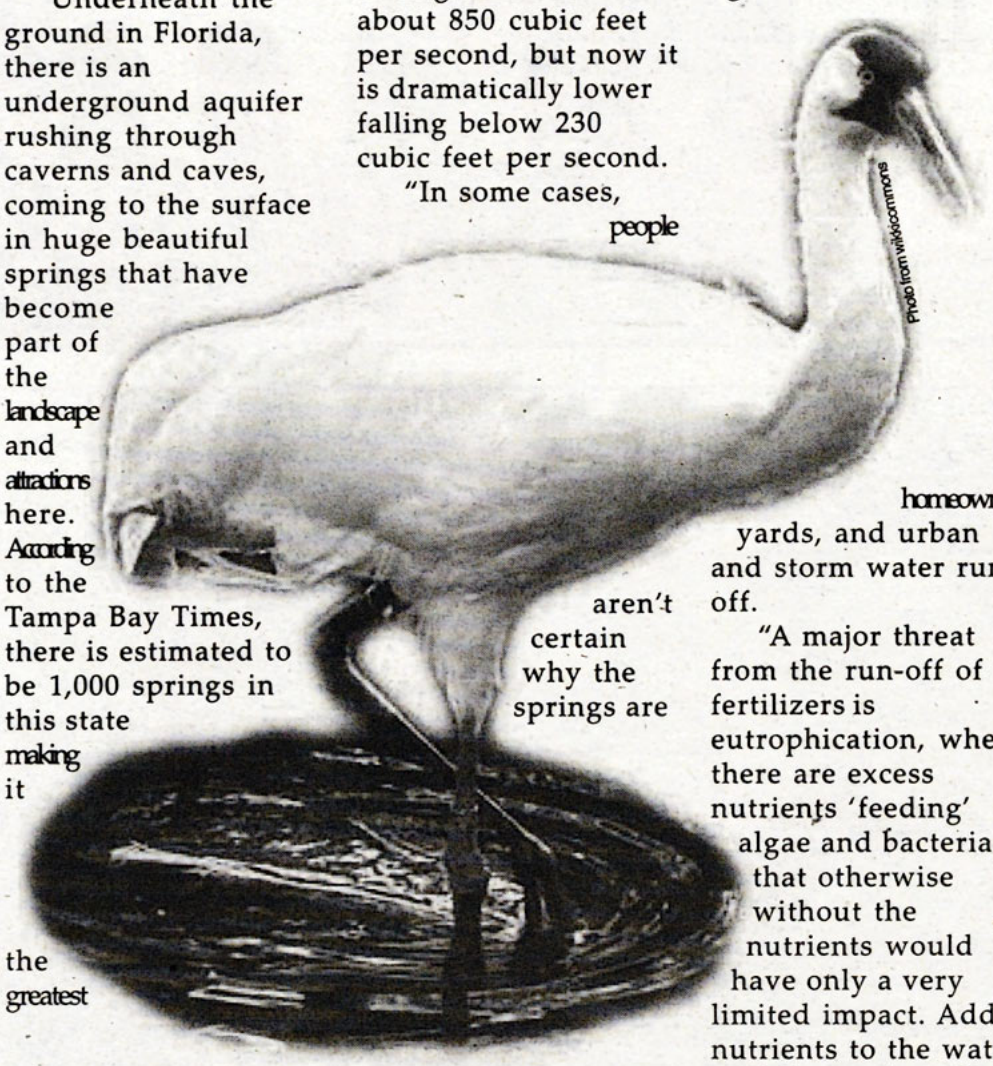


Photo from wikicommons

A church camp north of Gainesville, was previously visited by 50,000 individuals annually because of its proximity to Hornsby Springs. Now the spring has stopped running and has become so still and polluted that it frequently falls below the standards the health department requires for humans to swim. This left the camp no option but to build a $1.6 million water park to replace it as an attraction.

The issue with the springs in Florida is two-fold. The quantity of water in some of the springs is declining. Silver Springs, a huge spring spanning most of Marion County and the entire city of Ocala, has seen a huge decline in quality and quantity. Save our Suwanee Inc. reported that in 1960 this spring released up to 1,150 cubic feet of water per second, and its long term average has been about 850 cubic feet per second, but now it is dramatically lower falling below 230 cubic feet per second.

"In some cases, people aren't certain why the springs are diminishing in their flow, but in other cases it can be due to an over pumping of the aquifer from residential, commercial and industry use- such as agriculture, golf courses, etc," said Dr. Christopher Miller, Associate Professor of Biology and Environmental Science.

According to the Tampa Bay Times, Floridians use 158 gallons of water a day per person, which is around 50 times more than the national average, and agriculture here draws more water out of the ground for irrigation than any state east of the Mississippi. This coupled with the fact that there has been a decline of 15% in rainfall has had a major impact.

Dr. Miller explained that some springs are more threatened by the quality of their water. Springs can become contaminated from run-off from fertilizers from agriculture use and homeowner's yards, and urban and storm water run-off.

"A major threat from the run-off of fertilizers is eutrophication, where there are excess nutrients 'feeding' algae and bacteria that otherwise without the nutrients would have only a very limited impact. Add nutrients to the water and these otherwise benign organisms feed and reproduce depleting oxygen levels and even producing toxins of their own," said Miller.

This therefore is not just a cosmetic problem. According to the Tampa Bay times, one such algae species Lyngbya wollei, can be toxic to humans. In 2002, there were over 140 reported incidents in state parks of swimmers, kayakers, anglers and tubers who complained of rashes, hives, nausea, itching and asthma attacks after brushing up against it.

If the appearance of the springs are changing, it could have serious impact on life for all residents in Florida.

"It's the very same water we drink that's coming out of the springs. When they start to deteriorate, that's the water we drink deteriorating too," said Doug Stamm, the author of the book Florida's Springs.

The springs provide the vast majority of the drinking water in the state, especially in this area.

The deterioration of the springs could also lead to an economic catastrophe here in Florida. According to the Tampa Bay Times, beginning in 1949, Florida acquired 17 springs for its state park system, and a study conducted in 2003 found that the four largest springs – Wakulla, Ichetucknee, Homosassa and Volusia Blue- each brought in $70 million annually, and created 259 jobs. If these were to become unfit and less aesthetically pleasing, tourism would drop reducing jobs and revenue.

Save our Suwannee Inc. says it is possible to stop further deterioration of the springs and even to some extent rectify the destruction that has been caused. This can be through a suspension on lawn and landscape irrigation, and new water permits in impaired springsheds; mandatory water conservation; wastewater advanced treatment and re-use; and lawn and landscape fertilizer reduction rules.

"We should conserve water and be less wasteful, especially when it comes to places where treated sewage water would suffice, e.g. irrigation on golf courses and agriculture. Finally, I'd say more education, of course is important," said Miller.

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Arts & Entertainment

Christmas Treats to Valentine Sweets

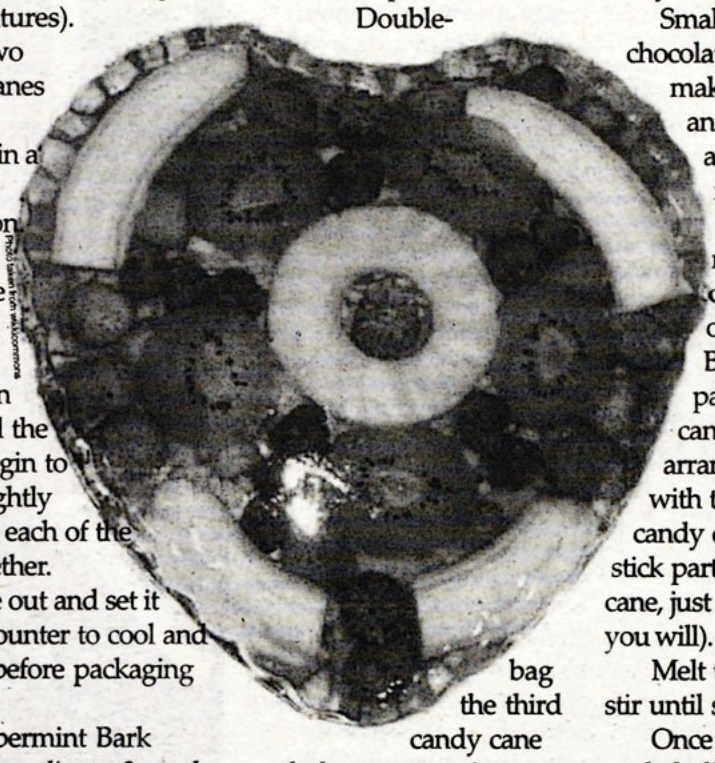
By Wendy Legorete
Distribution Editor

Christmas has been over and done with for a while now, but the sweets associated with the holiday still seem to be lingering about. Out of all the other alternatives, the candy cane appears to be the most prevalent in leftover abundance. One could save and use them for tree decorations next December or eat them as is, but there are other options to consider. Candy canes are essentially and purely sugar, which makes them one of the most versatile sweets for creative whim. And, since Valentine's Day is coming up, redesigning the surplus is an economical and enjoyable way to present your significant other with a meaningful homemade gift.

As harmonious as peanut butter and jelly are, peppermint and chocolate are even more so—the majority of these recipes incorporate the latter.Candy Cane HeartsIngredients:

Just candy canes (2 per every heart you plan to make)

Preheat the oven to 350°F. Line a baking sheet with parchment paper (if you don't have parchment paper, wax paper should be fine, just be aware that it can smoke at high temperatures). Using two candy canes each, arrange in a heart formation.



Bake in the oven just until the canes begin to melt, slightly melding each of the tips together.

Take out and set it on the counter to cool and harden before packaging as a gift.

Peppermint Bark HeartsIngredients: 3 candy canes (one for crushing and two for arranging purposes)

6 ounces of dark chocolate (or other kinds, according to preference)

Make the recipe for candy cane hearts and set aside.

In a double boiler (or fill a larger pot slightly with water and put a smaller pot in it) begin melting the chocolate at a medium-low heat. Be sure to keep an eye on it while completing the next step.

Double-bag the third candy cane and place on a cutting board. Taking a rolling pin (or a sturdy glass bottle) crush the candy into small, bite-sized pieces. Set aside.

When the chocolate is melted into a smooth texture, pour into the candy heart previously made. Garnish with the crushed peppermint pieces. Set in the refrigerator to harden for 30 minutes.

Chocolate Heart Sticks Ingredients:

2 candy canes (or 2 for every heart being made)

Small amount of dark chocolate (for dipping; make sure to make an adequate amount if making multiples)

Follow the recipe for candy cane hearts, with one exception: Break off the hook part of the second candy cane and arrange into a heart with the top of the first candy cane (for the extra stick part of the second cane, just do with it what you will).

Melt the chocolate and stir until smooth.

Once the heart stick is cooled, dip into the chocolate, twirling off the excess.

Set aside on wax paper to let harden. Enjoy as a hot beverage stirrer or eat as is.

Heart Melts Ingredients:

10 candy canes

Dark chocolate (for decorative purposes)

Break the candy canes into smaller pieces and place into a pot. Heat over medium-high temperature until the canes have melted (remember to keep a closetful watch on the candy; sugar can burn very quickly and very easily).

Having a heart mold ready, carefully pour in the candy cane mixture into each individual molding. Set aside and allow to harden.

While the candy mixture is cooling, melt the chocolate. Allow to cool to room temperature and then transfer into a large plastic sealable bag. Snip off a corner and this will be your decorating tool.

Once the candy cane molds have completely hardened, carefully pop out onto a prepared surface. Decorate these hearts to your liking and when finished, allow adequate time to dry before consuming.

Ride Along With This Film

By Brianna Llewellyn
Contributing Writer

Comedian-turned-actor Kevin Hart is known for starring in comedy movies that would otherwise be mediocre without his role. Ride Along wasn't one of the best movies, but there were a few comical moments throughout the film.

In the movie Ride Along, Kevin Hart plays a high school security guard named Ben Barber that is interested in becoming a police officer in order to impress his fiancé's brother, James Payton (Ice Cube).

John Payton is already a police officer. In order to see if Ben Barber has the skills to become an officer and marry his little sister, Angela (Tika Sumpter) Ice Cube's character allows Ben Barber to ride along with him on a typical day at work. Of course, the two end up investigating a case that neither of them expected.

As the film plays out, a popular picture is painted, one seen in movies such as Rush hour, Shrek and many others: there is a person who prefers to work alone and a guy who is almost desperate to be his partner. However there was a bit of a twist in the sense that there is no point in the movie where the two are absolutely sick of each other and abandon ship. This may because of Ben Barber's main motivation is to get married to James Payton's little sister, Angela.

The two leading actors seemed to have good chemistry. It seems that the script just was not all that was expected after seeing the hilarious trailers. The script needed a bit more depth. Seeing more background story about Ice Cube's character would have been appreciated. The film was funny, which could have because of Kevin Hart's naturally humorous persona. Ice cube played his well as well. Still, this wasn't there best. Films like Friday, Next Friday, or even Are We There Yet? were much better films for the rapper-turned-actor.

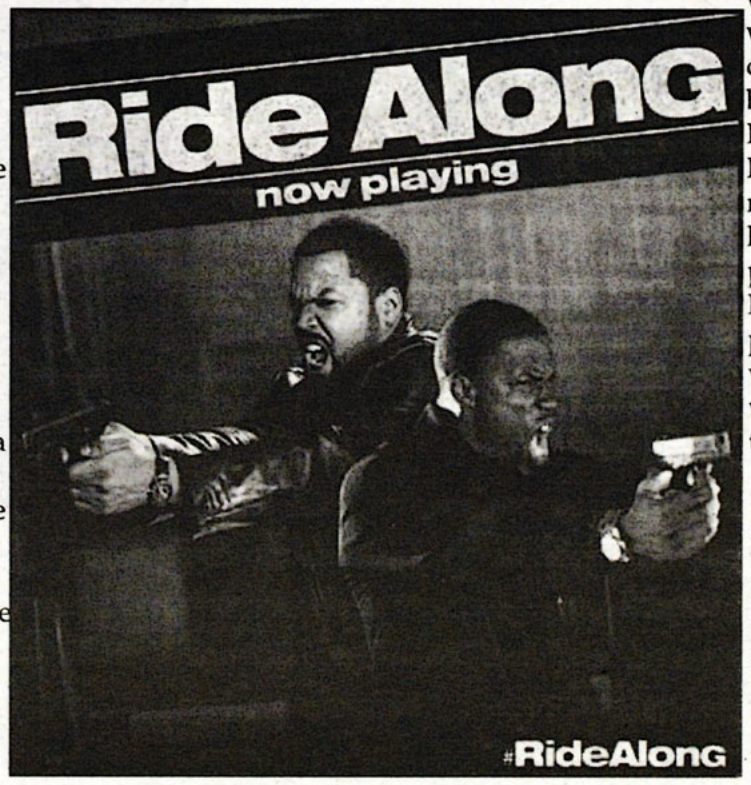


Photo from the Ride Alone Offical twitter page

The parts that were funny were also appropriate; it's a film that can be watched with parents without blushing. The film is rated PG-13.

Ride Along was not a complete waste of time, and Kevin Hart's role alone may persuade diehard fans to spend money to see it in theatres. There were a few good laughs here and there. Still, it probably will not become a legendary movie since the script wasn't very strong and it's not very memorable. All in all I do believe it is worth seeing even if just buying the rental.

National News

Hazing in Sports is a Problem

By Shawnee Arnett
Staff Writer

Though hazing is a terrible and unfortunate occurrence in college teams, hazing also exists in the world of professional sports with all of its multi-million dollar paychecks and rigid contracts. Though what is often referred to as "the sanctity of the locker room" prevents many players from speaking out against hazing, the National Football League has been known to leak a few hazing and bullying scandals from time to time. According to the Los Angeles Times in Nov. 2013, a NFL scandal broke that involved Miami Dolphins' players Jonathan Martin and Richie Incognito. Allegedly Incognito bullied Martin in the locker room for a prolonged period of time. Incognito was suspended, while Martin has removed himself from the Miami Dolphins team altogether.

As hazing is something of a taboo subject in the NFL, the exposure of it generally leads those involved to experience some form of backlash or ostracism from at least a small group within the league. Many do not speak of it or mention its existence, even when it is evident to the people involved.

Because of Martin's willingness to speak out about the alleged bullying he experienced in the Miami Dolphin's locker room and the fact that his speaking out led to an investigation of The Dolphins by the NFL, he received mixed responses from the Miami Dolphins and other members of the league. Some side with Incognito and assert that his alleged actions (which include Caucasian American Incognito referring to African American Martin as the N-word and leaving text messages and voicemails threatening Martin's family) were not worthy of a suspension punishment, or that they had never seen an instance of bullying between Incognito and Martin at all. Those who side with Martin, argue that hazing and bullying are both terrible occurrences in the NFL that need to be brought to light and focused on so that they can be properly prevented from happening in the NFL in the future.

Another infamous instance of hazing in the NFL involved then-rookie player Cam Cleeland during his 1998 rookie training camp with the New Orleans Saints. According to a Los Angeles Times interview with Cleeland, he and his fellow rookies were forced to participate in the traditional "running of the gantlet." In this Saints hazing ritual, rookies were forced to run in the middle of two rows of veteran Saints players with pillowcases over their heads. While the rookies ran blindly through these rows, the veteran players on either side had free reign to punch, kick, hit and brutalize the rookie players. During this incident, Cleeland had rolled his ankle (which subsequently forced him to miss two practices as he was too injured to play), suffered a broken nose due to a punch in the face and received the injury for which the scandal developed. As Cleeland was almost finished running the gantlet, the current free-agent linebacker, Andre Royal, struck Cleeland in the face with a sock full of coins. Though Royal later claimed that he had been aiming for Cleeland's ribs, the damage had been done. Cleeland's eye socket was shattered and he nearly lost his eye due to the injuries he sustained from this blow. Though Cleeland was able to keep his eye, his vision was permanently damaged from the ordeal. During the same "running of the gantlet" event, rookie Defense lineman Jeff Danish was able to make it through the gantlet without any major injuries inflicted by the team.

Despite the horrifically violent nature of the running of the gantlet, it was something of an unofficial requirement for rookies who joined the Saints. Those who refused to participate in the event were allegedly bullied and harassed by the rest of their teammates. According to a Los Angeles Times interview with Kyle Turkey, a rookie of the same 1998 group in which Cleeland was introduced, rookies who did not participate had buckets of water and urine tossed under their doors, and their belongings, clothes and beds were "trashed" and urinated on. Though the exposure of the violence committed against Cleeland had led the NFL to investigate and crack down on more extreme cases of violent hazing such as the running of the gantlet, some less violent occurrences of hazing along with hazing specifically meant to embarrass or emotionally harm the hazing victim still exist in the NFL today.

According to an ABC interview with Marcellus Wiley, a former defensive end in the NFL and commentator for ESPN, less violent forms of hazing frequently occur in the NFL. Wiley noted that the nature of hazing and the relationships between rookies and veteran football players in the league has changed drastically since when he first started his professional football career in 1997. According to Wiley, the nature of hazing has gotten even more mean spirited than what it was in the 90's, and the rift between rookie players and veteran players has become more pronounced and more polarized.

"Times have changed and rookies have changed since 1997…We were humble and respectful of veterans and cooperative. When I retired, rookies walked in there with audacity, knowing they had guaranteed contracts, saying they made more than you guys, I'm not talking to you or doing any of this stuff," said Wiley during his interview with ABC.

Wiley also noted in the interview that when he was a rookie, he was at first confused by all of the hazing occurrences that he was forced to endure.

"I was a little blindsided by the rites of passage of being a rookie, which for me included getting duct taped to the goal post, getting baby powder poured on you, or Gatorade, or water, or basically anything sticky that was fluid, something to totally embarrass you. You know, clothes being torn, being taped to a goal post in the nude. But I did it all with a smile. I never thought I was a victim or being bullied," said Wiley.

Though Wiley notes that now he understands that he was indeed being bullied at the time, he also admitted to hazing and bullying rookies when he was a veteran himself. Wiley notes that he once made some of the rookies on his team at the time take him to Morton's, where he ordered a meal, champagne, and extra food to take home, which ended up costing an exorbitant $32,000. He then made the rookie players pay his bill. Though Wiley notes that the rookie players did not complain about the cost of this bill, he admits that this was indeed a form of bullying and that both hazing and bullying in the NFL needs to stop.

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